To obtain Token information for TeamBuildr API Integration, you can follow these steps:

1. Visit the TeamBuildr login page at https://app-v3.teambuildr.com/login and enter your login credentials to access your account.
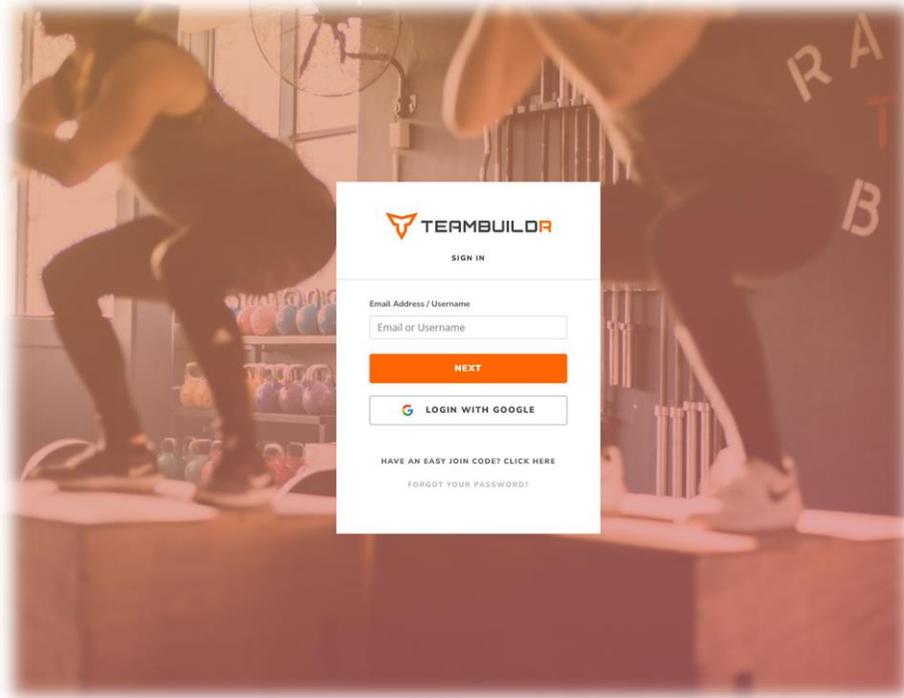
2. Once logged in, click on the **Profile** icon in the top-right corner of the page. From the dropdown menu, select the **Settings** option.
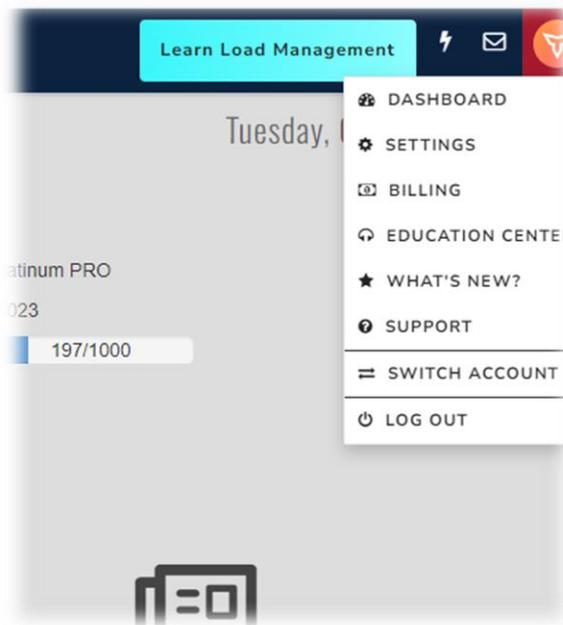
3. On the left-hand side of the Settings page, you'll find a menu. Click on the **Integrations** option.
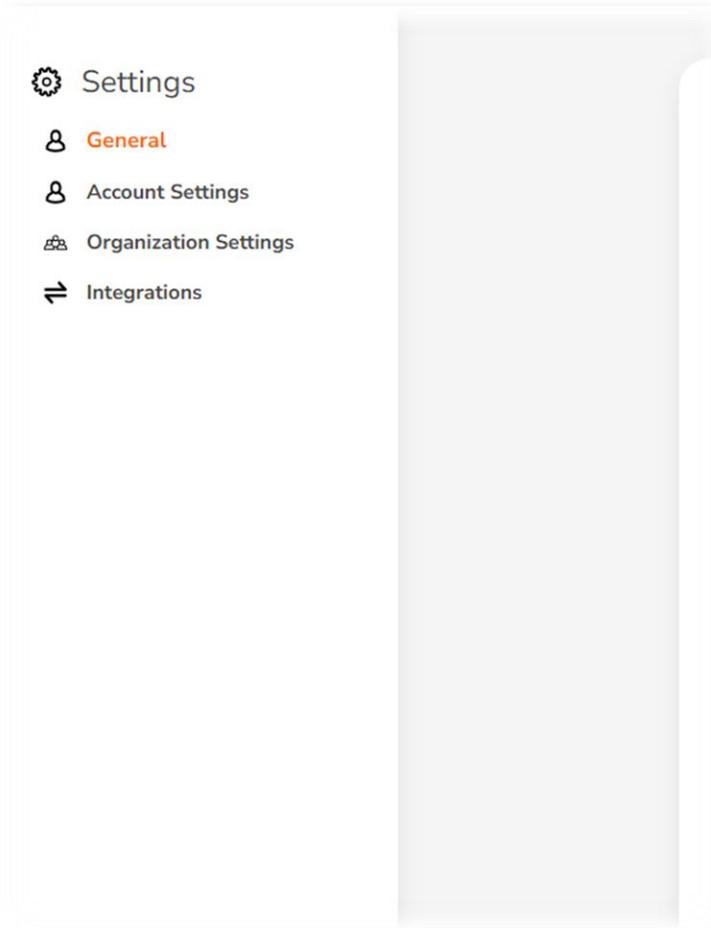
4. Scroll down to locate the "Rock Daisy" integration and click on the **Connect** button associated with it.

5. After connecting, a unique Auth Token will be generated. Copy this Auth Token and ensure you provide it to the Rock Daisy team.